



# **Eight Dates: A Plan for Making Love Last Forever**

*John M. Gottman*

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From the leading research scientist on marriage and family and author of the million-copy bestseller *The Seven Principles for Making Marriage Work*, a program of eight lively, conversation-based dates for couples to capture essential conversations for a lifetime of love and commitment.

## Eight Dates: A Plan for Making Love Last Forever Details

### Eight Dates: A Plan for Making Love Last Forever

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## Lorilin says

John Gottman is basically a love guru. He has studied thousands of relationships, and after several decades of clinical observation and study, he can predict with 97% accuracy if a couple will stay together or divorce.

I read one of Gottman's earlier books called *The Seven Principles for Making Marriage Work* when my husband and I were having a rough time just after we were married. It absolutely changed the way I approached our relationship, and it helped us both better communicate so we could come together to work through our issues and move on.

I was expecting good things from *Eight Dates*, and boy did it deliver. The book is divided into eight sections, one for each date. The dates cover eight of the most meaningful, important, and, often, contentious topics that couples deal with: trust and commitment, conflict, sex, money, family, fun and adventure, growth and spirituality, and dreams. Before the dates are introduced, an intro gives characteristics of successful marriages, as well as advice on how to have an intimate conversation and how to listen.

There is SO MUCH interesting info in this book! I know not everyone is going to froth at the mouth over learning how couples interact with each other, but I seriously couldn't get enough. It's all so interesting to me, discovering what is "normal" and what actually creates a lasting connection, especially when it doesn't necessarily match up with what I expected. Some of my favorite insights:

\*\*\* Successful marriages have 20 positive interactions for every 1 negative interaction.

\*\*\* Sixty-nine percent of conflicts in most marriages will never be solved. The trick is to fight about (or let go of) these issues effectively.

\*\*\* Eighty-percent of married couples have sex at least a few times a month. Of those, 32% have sex 2 to 3 times a week.

\*\*\* Studies have shown that dual-career couples with young children spend only 10% of their evenings together, with most of that time spent discussing errands. (In other words, they have to work extra hard to keep that romantic spark alive...)

\*\*\* **The five most common subjects that couples fight about are money, sex, in-laws, alcohol or drug use, and parenting.**

\*\*\* Arguments about the unpaid work in a relationship (chores and childcare) tend to cause the most conflict.

\*\*\* **The eight most important elements of a successful marriage are fidelity, good sex, division of chores, adequate income, good housing, shared religious beliefs, shared interests, and children.**

\*\*\* Stay at home parents do about \$90,000 worth of work per year. (#preach)

\*\*\* An early indicator of the future success of a marriage happens during pregnancy and the birth of a child. If a husband (the study only involved heterosexual couples) is involved during pregnancy and birth, the marriage will be happier later on. A father tends to stay involved with the children through the years if his marriage has low conflict and there is continued sex.

\*\*\* Play is a vital component of a relationship. Couples who play together, stay together. This includes experiencing laughter, excitement, anxiety, and curiosity, both separately and together.

\*\*\* Conflict is how our relationships grow.

\*\*\* It's important for couples to share their dreams with each other. Keeping your dreams from your partner leads to bitterness, resentment, loss of passion and desire, and distance.

\*\*\* **Every person has a dream or life purpose, and it should never be sacrificed for the relationship.**

It's possible for both people to achieve their dreams, just typically not at the same time.

Is that too much to share? I seriously could go on and on. I just find this stuff fascinating.

Practically speaking, this book is very user-friendly. It talks about each topic, summarizes the chapter, then lays out a date night plan complete with suggestions for how to prepare, where to go, problems to look out for, questions to ask, and an affirmation to say together at the end of the date. It's intense but also very doable. My husband and I haven't gone through each of these dates yet, but the ones we've done have been really interesting and made us feel more connected.

In short, I'd recommend this book to any couple looking to take their relationship to the next level. Five enthusiastic stars!

Thank you to John Gottman, Workman Publishing, and Net Galley for the ARC!

**See more of my reviews at [www.bugbugbooks.com](http://www.bugbugbooks.com).**

#### **Sumit says**

I liked this book quite a bit more than the previous (and only other) Gottman book I read, "The Seven Principles for Making Marriage Work." While that work was a constant stream of self-aggrandizement and conflation of his ability to predict divorce with an ability to preserve marriages, this book is far more humble, conversational, thoughtful, and engaging - perhaps because of the involvement of the three other authors (his wife, and Rachel Doug Abrams). This book walks through eight fundamental issues that come up in any long-term relationship, from financial matters to intimacy to life goals, and along with thoughtful dialogue on what makes these issues hard to talk about, comes up with creative worksheets, quizzes, and settings to help open up a discussion between partners. While I feel the various dates and mechanisms vary in quality and applicability, I dog-eared quite a few pages, and expect to go back to this as a source of helpful suggestions in talking about complex issues with partners.

#### **Reese Epston says**

I was looking forward to reading this but I lost all respect for this author upon meeting them. It's difficult to take relationship advice from a woman who goes about her day with such little emotional regulation of her own. Someone who snaps their fingers at a server, may not be the person to preach conversations for a lifetime of love.

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#### **From reader reviews:**

#### **Christopher Helland:**

The feeling that you get from Eight Dates: A Plan for Making Love Last Forever will be the more deep you rooting the information that hide in the words the more you get interested in reading it. It does not mean that this book is hard to comprehend but Eight Dates: A Plan for Making Love Last Forever giving you thrill feeling of reading. The article writer conveys their point in certain way that can be understood by simply anyone who read the idea because the author of this guide is well-known enough. This book also makes your current vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having this Eight Dates: A Plan for Making Love Last Forever instantly.

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**Alfred Leahy:**

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